



September 2012

Army Wellness Center
Caserma Ederle Bldg. 112
(Upstairs in the Fitness Center)
Hours of Operation:
Monday– Friday
0730-1200, 1300-1630

“Optimizing Health”

☎ All classes are free and require pre-registration.

Monday	Tuesday	Wednesday	Thursday	Friday
3 Closed for Labor Day	4	5	6	7 Upping Your Metabolism 0830-0900
10	11	12	13 Upping Your Metabolism 1600-1630	14
17	18	19	20	21 Upping Your Metabolism 0830-0900
24	25	26	27 Upping Your Metabolism 1600-1630	28

Services Offered Monday - Friday

- ◆ Unit Assessments
- ◆ VO2 Fitness Assessments
- ◆ Metabolic Testing
- ◆ Blood Pressure Screenings & Monitoring
- ◆ Wellness Coaching
- ◆ Massage Chair
- ◆ Relaxation Techniques

For further information please contact us at
DSN: 634-8186 or CIV: 0444-71-8186

Programs are open to Active Duty, Family members, Retirees and Civilians . Pre-Registration required!

Routine Classes (offered weekly)

Tobacco Cessation (45 min): *designed to educate those interested in quitting on stages of change and to offer the support of the Health Clinic and other community services*

Upping Your Metabolism (30 min): *designed for participants of Metabolic Analysis during which they receive their personal results and meal plan*

For Soldiers

Soldier-Athlete Brief (60 min): *instructing the soldier-athlete on training for increased performance*

For Civilians

Civilian Wellness (30 min): *designed to teach organizations about the Civilian Fitness Program, the benefits of exercise and how to get started*

For Youth

Youth Health and Fitness (60-90 min): *designed to teach youth components of a healthy lifestyle. Discussion includes 5-2-1-0 program, Choose My Plate, Eliminating Sugar in Drinks, and the difference between fat and muscle*

For Everyone!

AWC from A to Z (30 min): *overview of AWC Services, benefits of exercise, and discusses how our environment impacts our weight*

Eat Food (30 min): *designed to teach attendees how to eliminate excess calories by avoiding processed foods, beverages with sugar added, with interactive discussion and demonstrations*

Finding the Balance (45 min): *designed to introduce techniques of everyday stresses and the impact of negative emotions*

Healthy through the Holidays (30 min): *10 simple strategies to stay healthy through the Holiday season*

Meals in Minutes (30-45 min): *people are busy; discover how to prepare healthy meals quickly, what to look for in frozen foods, and how to prepare a weekly meal plan*

Principles of Flexibility (45 min): *the most up-to-date information on flexibility training to include "PNF" (Proprioseurofacilitation) Stretching and "Foam Roll" SMFR (Self Myofacial Release)*

Principles of Strength (90 min): *geared toward beginners; hands on instruction to learn basics of building a strength training routine*

Stress Relief at your Desk (30 min): *instructing employees on the importance of posture, movement, and breath to increase productivity and mood in your desk job*